

# JUNE 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 <b>MONDAY, June 2<sup>nd</sup>:</b> <a href="#">Mindfulness</a> 10-10:20am  <a href="#">Women of Color Navigating Cancer</a> 12-1 pm	2 <b>DOUBLE PROGRAMMING!</b>	3	4 <a href="#">Gynecologic Cancer Support:</a> <b>Radical Acceptance for Gynecologic Cancer Survivors</b> 12-1 pm	5	6	7	
<b>MONDAY, June 16<sup>th</sup>:</b> <a href="#">Mindfulness</a> 10-10:20am  <a href="#">Now What? Long-Term Survivor Group</a> 12-1 pm	9 <a href="#">Mindfulness</a> 10-10:20am	10 <a href="#">Living with Recurrent Gynecologic Cancer</a> 12-1:15 pm	11 <a href="#">Gynecologic Cancer Support:</a> <b>Boundaries and Cancer</b> 12-1 pm	12 <a href="#">Power Up with Protein</a> 12- 1 pm	13	<b>WEDNESDAY, June 25<sup>th</sup>:</b> <a href="#">Gynecologic Cancer Support:</a> 12-1 pm  <a href="#">Woman to Woman Book Club:</a> <b>Black Cake by Charmaine Wilkerson</b> 7- 8 pm	
	16 <b>DOUBLE PROGRAMMING!</b>	17 <a href="#">Gynecologic Cancer Support:</a> <b>Clinical Trials and Immunotherapy</b> 12-1 pm	18	19	20		
	23 <b>DOUBLE PROGRAMMING!</b>	24 <a href="#">Thriving with Woman to Woman</a> 12- 1 pm	25 <b>DOUBLE PROGRAMMING</b>	26 <a href="#">Spirituality with Chaplain Karen Terry</a> 10- 11 am	27		28
<b>MONDAY, June 23<sup>rd</sup>:</b> <a href="#">Mindfulness</a> 10-10:20am  <a href="#">2W Writer's Circle</a> 12- 1 pm	30 <a href="#">Mindfulness</a> 10-10:20am	For details and dial-in info, see session descriptions on pages 2-7. We hope you'll join us!					



# June 2025

## ♦ WOMAN TO WOMAN GYNECOLOGIC CANCER SUPPORT GROUP | Wednesdays from 12-1pm

Meet other women who have been diagnosed with this life changing disease and have the opportunity to share your story. The goal of our group is to decrease isolation, share resources, feel empowered and learn ways to cope with the ups and downs this diagnosis brings. We will be joined by guest speakers on a bi-weekly basis who are specialists in their fields. Each weekly meeting uses the following Zoom info, regardless of guest speaker.

**To join by video, click [HERE](#):**

- If prompted, enter Meeting ID: 757 176 6991

**To join by phone:**

- Dial: 1-646-558-8656
- Meeting ID: 757 176 6991 #

**JUNE GUEST SPEAKERS: Please note we are meeting on 6/17 and not 6/18**

### **JUNE 4<sup>th</sup>: RADICAL ACCEPTANCE FOR GYNECOLOGIC CANCER SURVIVORS WITH SUNNI JONES-FORD, LCSW**

This workshop on Radical Acceptance will explore the power of fully acknowledging reality without resistance, judgment, or avoidance. Participants will learn about the origins of radical acceptance and how it differs from toxic positivity and emotional suppression. Through guided exercises, reflection, and discussion, attendees will gain practical tools to integrate radical acceptance into their daily lives—helping them navigate difficult emotions and embrace life's uncertainties with greater resilience.

### **JUNE 11<sup>th</sup> DEVELOPING AND COMMUNICATING BOUNDARIES AFTER A CANCER DIAGNOSIS WITH NANCY BOURQUE, LCSW**

Being diagnosed with cancer and all that follows is complicated and communicating with family, friends and co-workers can be challenging! How much do you share with whom and how do you take care of yourself while managing physical limitations, obligations and expectations? In this workshop we will discuss strategies to develop healthy boundaries and ways to communicate them. Nancy Bourque, LCSW-R is a psychotherapist in private practice. She worked as a Senior Oncology Social Worker for many years before retiring 2021.

### **JUNE 17<sup>th</sup> CLINICAL TRIALS, IMMUNOTHERAPY AND GYNECOLOGIC CANCER WITH DR. THOMASON MARON, MD, PhD**

Join us for an informative session focused on the latest advances in clinical trials and immunotherapy for gynecologic cancers with Dr. Thomas Marron. This presentation will cover current research, the role of immunotherapy in treatment, and how patients can access and participate in clinical trials. Designed for patients, caregivers, and healthcare providers, the session aims to empower participants with knowledge and support informed decision-making. Dr. Marron, MD, PhD is the Director of the Early Phase Trials Unit (EPTU) at The Tisch Cancer Institute, Professor of Medicine (Hematology and Medical Oncology), and Professor of Immunology and Immunotherapy at the Icahn School of Medicine at Mount Sinai. He is a Medical Oncologist, and holds a PhD in Immunology; his research focuses on development of cancer immunotherapies.

### ◆ MONDAY MORNING MINI MINDFULNESS MEDITATION | Every Monday from 10-10:20 am

Join us every Monday morning for a gentle and empowering 20-minute mindfulness meditation. Together, let's cultivate inner peace, resilience, and a sense of well-being while we set intentions for any challenges to be faced in the week ahead. Take a moment for yourself at the beginning of each week and discover the transformative power of mindfulness in a supportive and nurturing environment. Sessions will be led by Ylfa Edelstein, born and raised in Iceland, who has been a seeker and student of yoga and contemplative studies for over 30 years. She can be reached at [ylfaedelstein@me.com](mailto:ylfaedelstein@me.com).

#### To join by video, click [HERE](#):

- If prompted, enter  
Meeting ID: 416 883 2533

#### To join by phone:

- Dial: 1-646-931-3860  
Meeting ID: 416 883 2533 #

### ◆ WOMEN OF COLOR NAVIGATING GYNECOLOGIC AND BREAST CANCER | JUNE 2<sup>ND</sup> from 12-1pm

#### A support group for patients who identify as black, indigenous, and people of color (BIPOC)

Meets the first Monday of every month.

This group is for women who identify as black, indigenous, or people of color (BIPOC) with gynecologic or breast cancer to receive support, education, advocacy/empowerment, resources, recreation, and community as they face and navigate a cancer diagnosis. Gatherings of the Women of Color Navigating Gynecologic and Breast Cancer group will focus on a specific theme/topic with space for BIPOC women to exchange stories of their experiences and leave with practical approaches to address their concerns and feel heard. Meetings will be facilitated in English, but for BIPOC women who speak languages other than English, please contact [womantowoman@mountsinai.org](mailto:womantowoman@mountsinai.org) or 212-241-3793.

#### To join by video, click [HERE](#):

- If prompted, enter  
Meeting ID: 208 938 0884

#### To join by phone:

- Dial: 1-929-205-6099  
Meeting ID: 208 938 0884#

### ◆ LIVING WITH RECURRENT GYNECOLOGIC CANCER | June 10<sup>th</sup> from 12-1:15 pm

Meets the second Tuesday of every month.

This group is for survivors of gynecologic cancer who have experienced a recurrence. The purpose of this group is to gain support, learn from and share resources with those who have faced cancer a second time.

#### To join by video, click [HERE](#):

- If prompted, enter  
Meeting ID: 865 7625 2999

#### To join by phone:

- Dial: 1-646-558-8656  
Meeting ID: 865 7625 2999#

### ◆ POWER UP WITH PROTEIN | JUNE 12<sup>th</sup> from 12-1pm

Protein plays a critical role in supporting the body's strength, recovery, and immune function—making it especially important during and after cancer treatment. In this informative and practical webinar, graduate student Anika Jagasia will explain the science behind protein, why it's a key topic in today's health discussions, and how it contributes to overall wellness. Attendees will also receive simple, nutritious recipes and actionable tips for meeting their protein needs in everyday life. This session is tailored for individuals affected by gynecologic cancer and is open to all looking to enhance their nutritional knowledge.

#### To join by video, click [HERE](#):

- If prompted, enter  
Meeting ID: 208 938 0884

#### To join by phone:

- Dial: 1-929-205-6099  
Meeting ID: 208 938 0884#

### ◆ NOW WHAT? LONG-TERM GYNECOLOGIC CANCER SURVIVOR GROUP | June 16<sup>th</sup> from 12-1pm

**This monthly group is for long-term (2+ year) survivors of gynecologic cancer to support each other while adjusting to life after cancer.**

Meets the third Monday of every month.

"We need a support group for patients out of treatment who must now face a new body and reality. When treatment is complete, we are no longer surrounded by our medical teams on a regular basis. We no longer are regulars in chemo or radiation suites nor our oncologist's offices. After diagnosis and treatment, our bodies and minds are scarred, fragile and different. We are not exactly 'cured' and are often left with many long-haul side effects, both physical and psychological. Now what?" - A gynecologic cancer survivor

#### To join by video, click [HERE](#):

- If prompted, enter  
Meeting ID: 208 938 0884

#### To join by phone:

- Dial: 1-929-205-6099  
Meeting ID: 208 938 0884#

### ◆ WOMAN TO WOMAN WRITER'S CIRCLE | June 23<sup>rd</sup> from 12-1pm

Be part of a unique pilot program designed to support health and well-being through creative writing. The writer's circle offers a safe and inspiring space to explore healing, resilience, and renewal through reflective prompts and intentional storytelling. As part of this pilot, your participation will benefit you personally and help shape the future of this program for others. Whether you're a seasoned writer or putting pen to paper for the first time, your voice and feedback are invaluable. Led by Woman to Woman survivor volunteer Eugenia Nascimento, this session is open to the W2W community, writers of all genres, from beginners to experienced creators. Bring your creativity, unique perspective, an open heart...and a pen and paper!

#### To join by video, click [HERE](#):

- If prompted, enter  
Meeting ID: 323 881 2246

#### To join by phone:

- Dial: 1-301-715-8592  
Meeting ID: 323 881 2246

### ◆ THRIVING WITH WOMAN TO WOMAN: | June 24<sup>th</sup> from 12-1pm

Meets the fourth Tuesday of every month.

***“The question is not how to survive, but how to thrive with passion, compassion, humor and style.” - Maya Angelou***

The purpose of this monthly group is to help you nurture the non-cancer aspects of your life and thrive despite challenges. Navigating a cancer diagnosis and survivorship can feel like a full-time job. It can easily overtake your life and be the lens through which you view all of your experiences and interactions. However, you are extraordinary women with interests, hobbies, passions, fears, dreams and so much more. You all deserve to feel happy and fulfilled. Co-led by Audrey Carlson, Woman to Woman volunteer and founder of the Hartford Happiness Club, this group will alternate esteemed guest speakers with topic-driven interactive exercises to help participants learn how to achieve balance so you can not just survive, but thrive.

To join by video, click [HERE](#):

- If prompted, enter Meeting ID: 208 938 0884

To join by phone:

- Dial: 1-929-205-6099 Meeting ID: 208 938 0884#

### ◆ WOMAN TO WOMAN BOOK CLUB | June 25<sup>th</sup> from 7-8pm

Join Woman to Woman to discuss a monthly book club pick from a range of genres and styles. Each month the book will be chosen by a book club member. All are welcome, whether you've had a chance to finish the book or not! (Just be mindful that you may encounter some spoilers ...)

**If you'd like to join but are unable to purchase a copy of the book, please reach out to [womantowoman@mountsinai.org](mailto:womantowoman@mountsinai.org) for assistance.**

#### **JUNE SELECTION, Caryn's pick! *Black Cake* by Charmaine Wilkerson**

Pick up a copy [here](#) or wherever books are sold.

*We can't choose what we inherit. But can we choose who we become?*

In present-day California, Eleanor Bennett's death leaves behind a puzzling inheritance for her two children, Byron and Benny: a black cake, made from a family recipe with a long history, and a voice recording. In her message, Eleanor shares a tumultuous story about a headstrong young swimmer who escapes her island home under suspicion of murder. The heartbreaking tale Eleanor unfolds, the secrets she still holds back, and the mystery of a long-lost child challenge everything the siblings thought they knew about their lineage and themselves. Can Byron and Benny reclaim their once-close relationship, piece together Eleanor's true history, and fulfill her final request to "share the black cake when the time is right"? Will their mother's revelations bring them back together or leave them feeling more lost than ever?

Charmaine Wilkerson's debut novel is a story of how the inheritance of betrayals, secrets, memories, and even names can shape relationships and history. Deeply evocative and beautifully written, *Black Cake* is an extraordinary journey through the life of a family changed forever by the choices of its matriarch.

To join by video, click [HERE](#):

- If prompted, enter  
Meeting ID: 757 176 6991

To join by phone:

- Dial: 1-646-558-8656
- Meeting ID: 757 176 6991#

#### ♦ SPIRITUALITY GROUP | June 26<sup>th</sup> from 10-11am

Typically meets the third Thursday of every month but meeting this date due to the holiday.

Led by board certified interfaith chaplain, Karen Terry the group will reflect on spirituality as a source of both strength and struggle. Spirituality is understood very broadly, and participants of all belief systems are welcome. You do not have to be religious to participate in this group. Content varies based on participant interests but may include discussion of spiritual themes (gratitude, forgiveness, the transcendent, etc), sharing of spiritual journeys, exploration of spiritual struggles, and/or reflection on a poem, song, image, or other text. This group is open to anyone impacted by cancer.

To join by video, click [HERE](#):

- If prompted, enter  
Meeting ID: 978 6019 0373

To join by phone:

- Dial: 1-646-931-3860  
Meeting ID: 978 6019 0373

Our community of survivors and mentors brings hope to women who might otherwise face treatment alone and scared. We rely on the generosity of donors like you to achieve our mission of empowering women throughout their gynecologic cancer journeys. Please consider joining our community of supporters by making a gift to the Woman to Woman program today. Scan the code below to donate now:



**CONTACT US:**

Online: [mountsinai.org/woman-to-woman](https://mountsinai.org/woman-to-woman) | Email: [womantowoman@mountsinai.org](mailto:womantowoman@mountsinai.org) | Phone: [212-241-3793](tel:212-241-3793)

**FOLLOW US ON FACEBOOK:** [www.facebook.com/groups/WomanToWomanMountSinai](https://www.facebook.com/groups/WomanToWomanMountSinai)

**MISSED A SESSION? CHECK OUT OUR VIDEO LIBRARY:** <https://www.youtube.com/channel/UCSgVARNxXJovIjdKVygp2Sg>

